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ABSTRACT

Research has suggested that an association exists between sex role identity and typing and affective states. The relationship of sex role type and depressive mood was explored through the direct manipulation of affect in a mood induction procedure. Female (N=208) and male (N=131) subjects, classified as either androgynous, masculine, feminine, or undifferentiated by their scores on the Bem Sex Role Inventory, completed measures yielding indices of depression, anxiety, hostility and interpersonal dependency. Androgynous persons reported the least depression, anxiety, and hostility; masculine types reported less interpersonal dependency. Subsequently, subjects from the original sample (N=170) were randomly assigned to the neutral or depression conditions of the Velten Mood Induction Procedure. Androgynous types again reported the least anxiety and depression in the neutral condition; however, when exposed to depressive stimuli, they exhibited the greatest increase in depression. Masculine types showed no mood changes. The results support the hypothesis that sex typing is associated with depression, because sex types were differentially susceptible to depression. (Author/NRB)

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Sex Role and Depressive Mood

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Running Head: Sex Role and Depressive Mood

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Sex Role & Depressive Mood

Previous research in a general sense has suggested that there is an association between sex role identity and typing to affective states. This implication is further strengthened by a wealth of studies that have found androgynous and masculine persons possessing the greatest degree of positive psychological attributes, while undifferentiated individuals have the fewest (e. g. Bem, 1977; Cristall & Dean, 1976; Erdwins, Small & Gross, 1980; Nevill, 1979; Small, Gross, Erdwins, & Gessner, 1979; Spence, Helmreich, & Stapp, 1975). Small, Teagno and Selz (1980) found that androgynous and masculine teenagers had a more flexible defensive structure and more effective coping skills, greater empathy, a better defined self concept and a more satisfactory affective integration than undifferentiated teenagers, who also reported confusion concerning body boundaries and loneliness. Baucom (1980) also found that undifferentiated individuals had the poorest sense of well-being.

It is logical, then, to theorize that those with a higher degree of psychological integration and who possess the skills to effectively meet stress would be found to have fewer psychopathological features and experience less dysphoric affect than those with poorer coping strategies and a less effective defensive structure. In regard to the first issue, undifferentiated individuals have been found to report features that are consistent with what is seen in emotionally maladjusted individuals (Erdwins et al., 1980; Small, et al., 1980). Consistent with the general findings cited earlier, Berzins, Welling and Wetter (1978) found that psychopathology was associated with low masculinity scores.

Current research has more directly studied the relationship between sex-role and dysphoric mood or depression in particular. Correlational studies have found depressed hospitalized women to score low on the masculinity scale of the PRF ANDRO scale (Berzins et al., 1978) and Ray & Bristow (Note 1) found a higher number of feminine sex role identities among depressed women than androgynous and masculine sex role identities. While providing insight into sex role identity and functioning after the development or onset of clinically observed psychopathology, it is unknown whether the sex role identity or behaviors have changed with this onset. Hence, numerous writers have pointed to a sex-role reversal (Cheek, 1964) or alienation (McClelland & Watt, 1968) in severely disturbed individuals (usually schizophrenics). However, these studies perhaps illustrate the effect of psychopathology on sex role typing.

Two relatively recent studies have employed an experimental approach to study this relationship by utilizing a learned helplessness model as an analogy of depression (Baucom & Danker-Brown, 1979; Jones, Chernovitz & Hansson, 1978). These studies are noteworthy in that the focus was to study the differential susceptibility of sex role typologies in response to a particular situation. Jones et al.'s study provides little information in relation to learned helplessness because it is doubtful whether their helplessness manipulation was successful. Baucom & Danker-Brown (1979), in a well-controlled study, found that sex-role typologies were differentially susceptible to the development of helplessness; surprisingly, feminine and masculine sex-typed individuals showed motivational and cognitive deficits and dysphoric

mood in a helpless situation, whereas androgynous individuals in a helpless situation only reported dysphoric mood; undifferentiated types seemed not to be effected.

This study further explored whether there is a differential susceptibility of sex-role typologies to dysphoric mood. Instead of a learned helplessness model, which is a cognitive model of depression, this study directly manipulated affect by employing a mood induction procedure. Thus, if the results of Baucom & Danker-Brown (1979) could be replicated by a procedure that may induce a different type of depression (affective versus cognitive) the generalizability becomes broad - based and stronger in significance. We hypothesized that the undifferentiated and feminine person would report the most depressive mood, both before and after the experimental manipulation; androgynous persons were expected to report the least depressive mood before the procedure and to be relatively resistant to the mood induction. Masculine persons were expected to fall intermediate between the androgynous and feminine / undifferentiated persons.

METHOD

Subjects

One hundred thirty one males and 208 females comprised the initial pool of subjects. Separate medians on the BSRI (Bem, 1974) were calculated for males and females and were used for assignment to a sex role typology. For males, the masculine and feminine scale medians were 5.06 and 4.61 respectively; this resulted in 32 masculine, 35

undifferentiated, 33 androgynous and 31 feminine subjects. For females, the masculine and feminine scale medians were 4.51 and 5.10 respectively, resulting in 50 masculine, 48 undifferentiated, 55 androgynous and 55 feminine subjects. Of the initial 339 subjects who completed the pre-experimental measures, 170 subjects (112 females, 58 males) returned and participated in the experimental portion of the study. There were 46 androgynous (20 males, 26 females), 44 masculine (19 males, 25 females), 42 undifferentiated (15 males, 23 females) and 38 feminine subjects (23 males, 19 females).

Instruments

All subjects completed the following measures 1 day to 2 weeks before the experimental manipulation:

1. Depression Adjective Check List - Form A (DACL; Lubin, 1965) is 34 item checklist that has been found to provide a quick, reliable and valid measure of self - reported depressive mood.

2. Multiple Affect Adjective Check List (MAACL; Zuckerman & Lubin, 1965) is a 132 item measure that yields scores on depression, anxiety and hostility. The MAACL has been found to be sensitive to the mood induction procedure used (cf. Frost, Graf & Becker, 1979).

3. Interpersonal Dependency Inventory (IDI; Hirschfield, Klerman, Gough, Barrett, Korchine & Chodoff, 197) is a multi-dimensional measure, yielding 3 components of interpersonal dependency: emotional reliance on another person (ER), lack of social confidence (SSC) and assertion of autonomy (AUT). Interpersonal dependency has been found to be related to depression and other emotional disorders (Chodoff, 1972).

4. Bem Sex Role Inventory (Bem, 1974) is a 60 item measure and comprised of 20 masculine, 20 feminine and 20 neutral items. Subjects are asked to indicate on a seven point scale the degree to which each adjective is descriptive of them. The BSRI is based on the construct that masculinity and femininity are independent and not bipolar dimensions and has been widely used in sex role research.

Procedure

The returning 170 volunteers were randomly assigned to a mood induction condition. The depressive and neutral conditions of the Velten Mood Induction Procedure (VMIP; Velten, 1968) were used. The VMIP for depression requires the reading of 55 negative self-referent statements and has been found to result in cognitive, psychomotor and affective changes associated with depression (cf. Frank et al., 1979). Neutral statements (also numbering 55) had no cognitive or affective meaning.

Subjects were seated in small groups and were asked to read and listen to the respective statements. Statements were typed on 4X6 index cards and were also tape-recorded, one statement every 15 seconds; subjects were told to read and listen to the statements simultaneously. After the completion of this procedure, subjects then filled out all of the measures used in the pre-testing situation.

Results

Pre-Experimental Results

Two way ANOVAS were performed using sex and sex type as independent variables. In every case, significant main effects were obtained (at

least $p<.01$). Referring to Table 1, it can be seen that a sex type main effect was always significant and on only 1 occasion,

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Insert Table 1 about here

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a sex main effect. In no instance was there a significant interaction. This indicates that the differences were largely due to the influence of sex role typology and not biological sex.

Table 2 contains the means and standard deviations for the sex and sex typology groups. The Newman-Keulls procedure (Winer, 1967) for testing the differences between the means was used. All diferences subsequently reported are at least $p<.05$. On the 2 measures of depression, the same order of findings was obtained, with the

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Insert Table 2 about here

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androgynous individuals reporting the lowest amount of dysphoric mood followed by the feminine, masculine and undifferentiated groups; the latter groups were not statistically different from each other. The same order of findings were obtained on the MAACL-ANX and HOST scales. The androgynous group reported the least anxiety and hostility; the masculine and undifferentiated groups were not significantly different from each other and the feminine group was intermediate.

Except on the AUT measure of the IDI in which males reported more autonomy, biological sex did not influence interpersonal dependency. Sex typing was consistently related to these measures, as the masculine

sex type reported significantly less emotional dependency and fewer feelings of lacking confidence in social situations; the other typologies were not different from each other.

Post-Experimental Results

3 Way ANCOVAS were run on the data with sex, sex type and mood induction (neutral or depression) as the independent variables. This covariance procedure was used since initial differences were found in the reported affective state prior to the experimental manipulation; also, the literature seems to point to a differential relationship between depressive affect and sex role. Further justification for the use of ANCOVAS was that in all cases, the covariates took out a significant amount of variance (at least $p<.001$); therefore, initial mood was significantly related to the dependent measures.

The most important and consistent findings were on the depression measures, where there was a differential susceptibility to depressive affect and ideation among the sex role types. The summary tables of the ANCOVA for the depression scales (Table 3) indicate that the

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Insert Table 3 about here

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manipulation was effective, as there was a significant mood induction main effect on both measures with the depression tape resulting in significantly more depression. Of particular importance a sex type x mood induction interaction on both the DACL-A and MAACL-DEP scale was found. Also, a significant sex type main effect was found on the DACL-A. These results indicate that even after controlling for initial level

of self - reported depressive affect, the sex types still reported differing levels of depression after the experimental manipulation. Furthermore, t'. sex type x mood induction interaction suggests that people in different sex role typologies were differentially susceptible to the mood induction procedure. Table 4 presents the means for the sex type x mood induction interactions on the DACL-A, MAACL-DEP, ANX & HOST measures. In the neutral tape condition, the androgynous group

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Insert Table 4 about here

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consistently reported the least depression and anxiety. However, when exposed to the depression tape, t.e masculine group showed little change in reported depression, while the androgynous persons had the largest increase and scored at a similar level as the feminine and undifferentiated types. This striking change is diagrammed in Figure 1; since the pattern is the same for both depression measures, only the

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Insert Figure 1 about here

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results on the DACL-A are given.

On the MAACL-ANX measure, a significant mood induction main effect was obtained, $F(1,153) = 6.61$, $p<.01$, with those exposed to the depression tape reporting greater anxiety; a trend was found for sex type, $F(1,153) = 2.49$, $p<.06$. A trend was only found on the HOST mood induction main effect, $F(1,153) = 2.96$, $p<.09$.

There was no significance found for sex, sex type, mood induction

or the interactions on the AUT and SSC measures of the IDI. Only a sex main effect, $F(1,153) = 7.40$, $p < .007$, was found on ER, with females reporting more emotional reliance.

Discussion

The exposure to depressive stimuli resulted in the androgynous group, which reported the least amount of dysphoric affect in the pre-test and neutral tape situation, reporting the same level of dysphoric affect as the undifferentiated and feminine individuals. The androgynous persons were more susceptible to affective manipulation than the feminine, undifferentiated and masculine types. Masculine - typed individuals in the pre-test and neutral tape situation did not differ from the undifferentiated and feminine groups in reported depression. However, on the post - experimental measure, they showed virtually no change and no susceptibility to the exposure of depressive affect and had the lowest reported amount of depression under the depressive manipulation condition. On the anxiety measure, the masculine group had the lowest reported level of anxiety, showing little change after the mood induction procedure while the androgynous and undifferentiated persons showed the greatest change. Masculine persons reported the least amount of interpersonal dependency before the mood induction, as expected, but were not different from the other groups after the procedure, disconfirming our hypotheses.

The results of the mood induction manipulation were somewhat surprising, since previous research would have predicted different results. Feminine and undifferentiated persons were expected to show

the greatest change in affect under the depressive manipulation, while masculine individuals were expected to show an intermediate level with the androgynous individuals showing the least change. With the feminine and undifferentiated groups, our expectations were confirmed in that both groups were susceptible to the manipulation. The expectations for the androgynous and masculine groups, however, were not confirmed and they also show a pattern different from the findings of Baucom & Danker-Brown (1979) who found the masculine and feminine-typed persons most susceptible to their helplessness situation. In explaining the change for the masculine-typed persons, which was contrary to their excpectations, they suggested that these individuals avoid situations which are uncontrollable and when they cannot, experience depression because they have a narrower behavioral reportoire. While our results are different for the masculine typed persons in that they show no susceptibility to the depression manipulation, the explanation for these differences could be similar to Baucom and Danker-Brown for their masculine-typed group showing a susceptibility. In a situation where affect is being manipulated it is possible that masculine typed persons do control the situtation by rigidly maintaining their affective state. Some support for this can be found in that masculine-typed persons report the lowest interpersonal dependency, which has been found to be related to depression (Chodoff, 1972). On the other hand, other explanations are possible; what is clear is that masculine individuals were less influenced by depressive stimuli than other sex role types.

The other result which is different from our expectations and the results of Baucom and Danker-Brown is that the androgynous individuals

showed the greatest susceptibility to the depression manipulation. Why this occurred is puzzling. Many studies have found that androgynous persons have th. highest degree of psychological integration and ego strength. It is possible that androgynous persons are less threatened and are freer to experience a change in emotional state (or at least a wide range of affect). An intriguing question then would be whether these individuals recover more easily and quickly to their original affective level or in analytic terms, whether they work through their dysphoric feelings faster than the other groups. Thus, a higher level of integration may not refer to the type of feelings or affect being experienced, but instead to how they are handled or dealt with (at least when dealing with depressive affect that does not reach clinical proportions).

Although these findings are not in exact accord with previous research, this study does offer strong support for sex-role typology being an etiological agent in depression. One obvious place to look for the reasons for the differences in the few studies on depression and sex roles is in the methodology. The learned helplessness model and mood induction procedure are analogies and vastly different from each other. As such, their approximations to clinical depressions are suspect; futhermore, the possibility of their being different types of depression (e.g. cognitive, affective) complicates the picture. For example, it is conceivable that the different sex-role typologies are differentially related to the type and degree of depression. Also, the use of different sex role scales (independent masculinity and femininty scales derived from the California Psychological Inventory by Baucom and

Danker-Brown & the BSRI in this study) may be a source of the discrepant results. Further research on the relationship between sex role typologies and the process of change in mood to these 2 methodologies is needed.

Reference Note

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Table 1. Analyses of Variance on Pre-experimental Measures

Dependent variable and source	df	MS	F
DACL-A			
Sex	1	8.44	.39
Sex type	3	121.55	5.66**
Sex & sex type	3	21.66	1.01
MAACL-ANX			
Sex	1	19.44	.97
Sex type	3	94.33	4.74*
Sex & sex type	3	14.01	.70
MAACL-DEP			
Sex	1	.93	.01
Sex type	3	470.36	6.98**
Sex & sex type	3	42.46	.63
MAACL-HOST			
Sex	1	26.68	1.52
Sex type	3	167.31	9.53**
Sex & sex type	3	4.19	.23
IDI-ER			
Sex	1	72.98	.85
Sex type	3	481.76	5.79**
Sex & sex type	3	56.35	.67
IDI-SSC			
Sex	1	36.64	2.47
Sex type	3	95.20	6.43**
Sex & sex type	3	6.08	.41
IDI-AUT			
Sex	1	1273.10	41.58**
Sex type	3	210.32	6.87**
Sex & sex type	3	34.58	1.12

* $p < .01$
** $p < .001$

Table 2 Means and Standard Deviations on Pre-Experimental Measures

Measure	Gender Means				Sex Type Means							
	Males		Females		Androgynous		Masculine		Feminine		Undifferentiated	
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD
DACL-A	8.12	4.90	7.74	4.61	6.25	4.14	8.46	4.43	7.91	5.03	9.01	4.85
MAACL-ANX	7.12	5.35	6.56	3.93	5.66	3.74	7.58	6.03	6.14	4.12	7.84	3.56
MAACL-DEP	13.49	9.65	13.25	7.53	10.28	6.87	14.76	10.02	12.95	8.21	15.58	7.13
MAACL-HOST	8.63	4.48	8.02	4.25	6.50	3.81	9.23	4.62	7.76	4.27	9.55	4.05
IDI-ER	41.40	9.90	40.52	8.89	42.55	8.77	37.39	9.86	42.37	8.98	40.93	8.80
IDI-SSC	37.35	4.54	36.67	3.49	36.84	3.21	35.44	4.83	37.69	3.73	37.73	3.46
IDI-AUT	28.00	6.06	24.01	5.43	25.81	5.30	27.71	6.35	24.07	6.01	24.69	5.78

Table 3 Analyses of Covariance on Measures

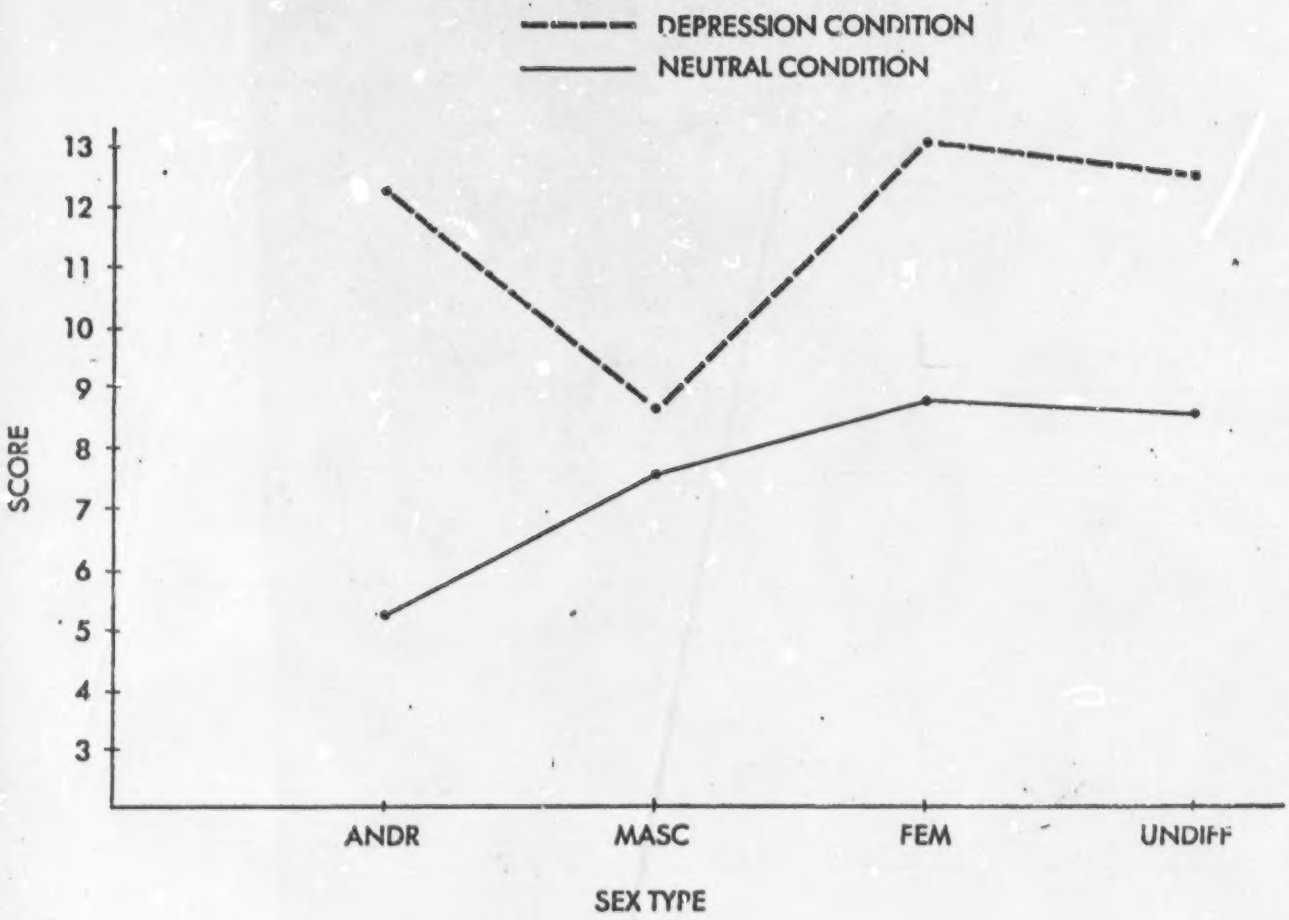
MAACL-DEP SOURCE OF VARIATION	DF	MEAN SQUARE	F
MAIN EFFECTS			
sex	1	19.384	.351
sex type	3	70.541	1.276
mood induction	1	667.544	12.077***
2-WAY INTERACTIONS			
sex x sex type	3	138.680	2.509*
sex x mood induction	1	3.297	.060
sex type x mood induction	3	148.120	2.680**
3-WAY INTERACTIONS			
sex x sex type x mood induction	3	17.187	.311
EXPLAINED	16	181.436	3.282
RESIDUAL	153	55.274	
TOTAL	169	67.218	
DACL-A			
MAIN EFFECTS			
sex	1	17.318	.633
sex type	3	81.273	2.970**
mood induction	1	747.835	27.332***
2-WAY INTERACTIONS			
sex x sex type	3	49.228	1.799
sex x mood induction	1	1.572	.057
sex type x mood induction	3	85.643	3.130**
3-WAY INTERACTIONS			
sex x sex type x mood induction	3	5.132	.188
EXPLAINED	16	90.086	3.293
RESIDUAL	153	27.361	
TOTAL	169	33.299	

* p < .05
** p < .01
*** p < .001

Table 4 Means and Standard Deviations for the Sex Type X Mood Induction Interaction

Sex Type	DACL-A Mean	DACL-A SD	MAACL-DEP Mean	MAACL-DEP SD	MAACL-ANX Mean	MAACL-ANX SD	MAACL-HOST Mean	MAACL-HOST SD
Androgynous								
Neutral	5.25	3.61	9.60	6.06	5.05	2.96	6.20	3.25
Depression	12.38	7.06	16.54	9.73	7.85	4.70	9.00	5.42
Masculine								
Neutral	7.61	4.47	14.05	7.77	7.37	4.45	9.16	3.86
Depression	8.64	5.45	14.52	8.95	7.52	3.68	9.08	4.42
Feminine								
Neutral	8.80	4.86	15.93	8.96	8.67	4.64	9.27	3.77
Depression	13.04	6.48	17.39	8.47	8.82	4.29	8.57	4.89
Undifferentiated								
Neutral	8.61	3.19	14.57	5.39	7.22	3.23	9.30	3.88
Depression	12.63	4.87	18.74	6.96	9.74	3.98	10.63	4.46

Figure 1 Effect of exposure to the mood induction procedure on the DACL-A


DEPRESSION CONDITION
NEUTRAL CONDITION
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ANDR
MASC
FEM
UNDIFF
SEX TYPE

CG 015288

Abstract

This study was designed to study the relation of sex role type to depressive mood and to the manipulation of depressive affect. Initially, subjects took a variety of measures yielding indices of depression, anxiety, hostility and interpersonal dependency. Androgynous persons reported the least depression, anxiety and hostility; masculine types reported less interpersonal dependency. Subjects from the original sample who volunteered for the second part of the study were randomly assigned to the neutral or depression conditions of the Velten Mood Induction Procedure. Androgynous types again reported the least anxiety and depression in the neutral tape situation; however, when exposed to depressive stimuli, they showed the greatest increase in depression. Masculine - typed persons showed virtually no change in mood. These results lend strong support that sex typing is associated with depression in that the sex types were differentially susceptible to depression. However, the results are contrary to the only other reported study of sex role and depression that sucessfully manipulated affect. Differences in methodology (learned helplessness versus mood induction) and the possibility of different types of depression (cognitive, affective) relating differently to various sex types are possible reasons for the differences and are variables that need further study.